



# WEST END REGION COUNTY WOMEN'S NETWORK

## Revitalize for the New Year with YOGA!



Has stress from the holidays and working all day at a desk got you tied up in knots? Come learn about the healing benefits of yoga at the next CWN West End meeting!

**Guest Speaker: Gina Decker**  
**Certified Yoga Instructor**

**Tuesday, January 16, 2007**  
**11:30 a.m. to 1:00 p.m.**

**Rancho Courthouse**  
**8303 Haven Avenue, Rancho Cucamonga**  
**Basement Training Room**

Open to CWN members. Guests welcome with a \$5 fee.

Bring your own lunch.

Please RSVP by contacting Angelina Moxey  
by phone (909-948-4512) or e-mail.



**Strengthen the Body**

**Increase Concentration**

**Calm the Mind**

**Relieve Stress**

**Gain Energy**

